

LEGEND OF THE WHITE TIGER

INSTRUCTIONAL KEY TO BLACK BELT



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국기태권도

1971년 3월 20일
태종연 박정희...

ENDORSED BY
THE WORLD TAEKWONDO FEDERATION
SEOUL, KOREA



TABLE OF CONTENTS

<i>Endorsed by Kukkiwon</i>iii
<i>White Tiger Poem</i>vii
<i>White Tiger Mission</i>ix
Welcome to New Students1
Login System2
What every new Student and Parent should know2 & 3
<i>Doe-jahng</i> rules and regulations5
Why bare feet? Why <i>Key-hahp</i> ?6
Benefits of Martial Arts7 & 8
Martial Arts Etiquette9
<i>Doe-Jahng</i> Etiquette10
Taekwondo <i>Doe-boke</i> - uniform11
How to care for the uniform12
Free <i>Chin-goo</i> Uniform13
How to care for the <i>Dee</i> - Belt14
How to tie your Belt & fold the Uniform15
Class Procedure16
Message to Beginners17
Beginner Do's & Don'ts & Safety18
The Key to your Success...is in your hands19 & 20
Commitment to Training21
Dispelling Martial Arts Myths22
3 Areas of Martial Arts Focus23
Which Classes are best for me?24
White Tiger Goals for Rank (chart)25
Tips to keep Children Motivated26
The Big Picture - Road to Black Belt27
Rank Milestones28 & 29
Professional Associations30
Association Patch Symbols31
National Flags32
Policies & Procedures33

INTRODUCTION

If there is virtue in the spirit,
Then there will be honor in the character

If there is honor in the character,
Then there will be respect in the home

If there is respect in the home,
Then there will be harmony in the nation

If there is harmony in the nation,
Then there will be peace on Earth.

-White Tiger

WHITE TIGER MISSION

OUR MISSION:

*To provide Olympic
quality instruction
for the only
activity in the
world in which all
participants
benefit physically,
mentally and
philosophically.*

TAEKWONDO
ANCIENT ART FORM -
MODERN OLYMPIC
SPORT



WELCOME TO NEW STUDENTS

Dear Students and Parents,

Taekwondo has been an important part of my life for decades. Now, you too have chosen a path in which the benefits to your life will be immeasurable.

The disciplines of Martial Arts are designed to make students non-violent, to inspire them with feelings of confidence, well-being and to make their life more meaningful. The study of Martial Arts, while instilling the student with mental, physical and spiritual balance, enables them to enjoy the benefits of society without being absorbed or overwhelmed by it.

We want your training to be useful and rewarding. This book will give a basic understanding of the steps to your training.

I welcome you to our Martial Arts family.



Master Ronly

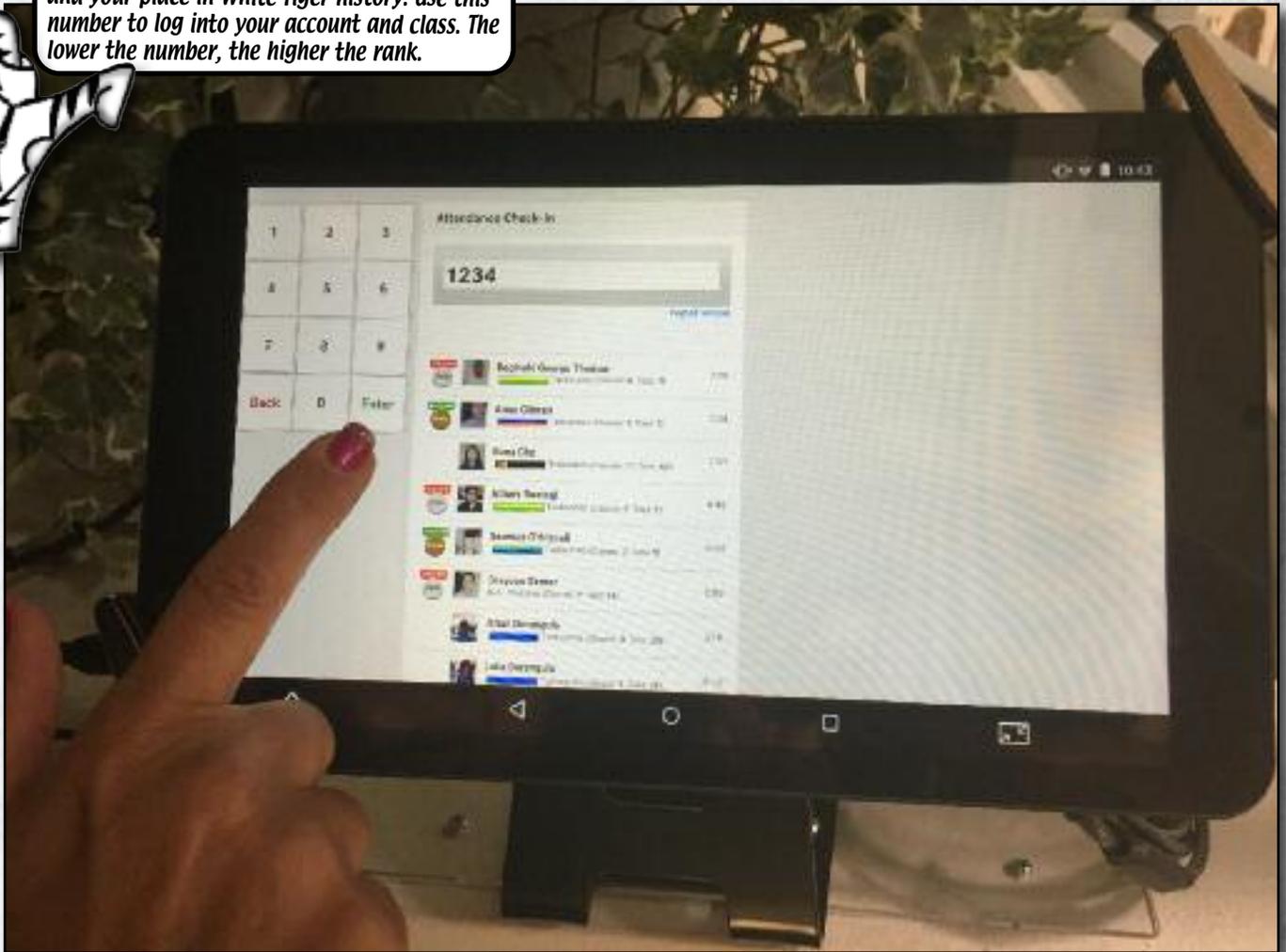


TIGER TIP

Every student is assigned an ID number. This number reflects the order in which you joined, and your place in White Tiger history. Use this number to log into your account and class. The lower the number, the higher the rank.



ID NUMBER & LOG IN



Every White Tiger student will receive an ID Number upon registration. The office will take your photo for your account. You may update this photo when you log into your account.

Your ID Number will never change. If you add more styles to your membership, the styles will be separated in the system - but will always use the same number.

Write your name on the inside of your uniform so it won't be forgotten. Upon entering class:

- Make sure you use the

correct tablet for the room you are attending

- Simply key in your number and select "enter". If you have multiple styles, you will be prompted to select which style you are attending at that time.
- Your name, photo, rank and any attendance medals will show up on the screen. You are now ready to enter the mat.
- If the file that appears is not you - or you accidentally key in the wrong number, see the office ASAP. They can help you

log in and receive credit for the class.

- Be sure to log in for every class you take. Failure to log in will result in you not earning credit for the class. Class credits are important for earning awards and fulfilling the requirements for rank promotion.

TIGER TIP

Write your number on the inside of your uniform in case you forget.



WHAT EVERY NEW STUDENT AND PARENT

INSTRUCTORS

The owner's name is Master Rondy. Other instructors names are listed on the walls and flip charts.. You should address all Black Belts as "Sir" or by their last name; Mr. or Ms._____. You may also call Masters by the Korean title *Sa-bum-nim*. Master Rondy, or the senior master, may also be called *Kwan-jahng-nim*. Female masters often use their first names, while male masters always use their last name. (Master Rondy is called Sifu Rondy in Wing Chun).

EVENT INFORMATION

All information: schedule changes, closings, testings, demonstrations, new classes, specials, contests or parties etc. is made available to you in multiple medias. All information is provided to you weeks and even months in advance, the back of the class schedule has an events schedule for the entire year. Parents, if your child is too young to read and properly relay the information to you, you will need to check for yourself.

TIGER TIP QR CODES

Download an app so you can read QR code from your phone.
<https://itunes.apple.com/us/app/qr-code-reader-and-scanner/id388175979?mt=8>

- Tiger Times Newsletter: on our website, Facebook, email
- Schedule of classes, color coded per level: schedule rack
- Back of Schedule, lists events for entire year: schedule rack
 - Instructor messages, announced at end of classes
 - Tiger TV video: plays in front entry, cafe
 - Facebook page: www.facebook.com/WhiteTigerTKD
- Pawcast, radio show of the week's events: plays in the locker rooms, website
- "This week at White Tiger": email message sent every week (*make sure to provide correct address*)
- Table Tents: on cafe tables • Website, www.WhiteTigerTKD.com • LED Flashing Lights: cafe

UNIFORM & BELT INFORMATION

Don't be shy to ask anyone with a higher belt to help you. They were once white belts. In time, new white belt students will be asking you to help them.

Taekwondo uniform: the elastic stretches across your front to the other side and hooks around the button, put the elastic under the front of the uniform.

Hapkido uniform: women should put the right side over the left, men put the left side over the right and tie the strings together on each side.

Men do not need to wear anything under the uniform top, women need to wear a white t-shirt or sports top under the top. (Black Belt women may wear a black garment).

NEVER wash the belt, it is a symbol of your learned knowledge of Martial Arts. Never let your belt touch the ground. Don't hang it around your neck. If you forget your belt at class time, you will be a "no belt" for the day. Line up in rank after the white or lowest rank belts.

The belts start with the lowest level, 10th *Gup*, or white belt. The next level belt is "9th *Gup*" which is a white belt with a yellow stripe. Some schools have additional belts like orange, purple and brown, but the colors shown on our wall are the only belt colors accepted by the World Taekwondo Federation (Olympic Style). For tournament purposes, belts are grouped together by *Gup* number.

RULES & REGULATIONS

Take time to read the rules and regulations of the school on the following pages, you are responsible for following them. They are also displayed outside the locker room.

SHOES

Students must take off their shoes and socks and place them in the belt-color shoe racks near the mat area. Do not walk on the mat unless you are in uniform.

TIGER TIP

The Korean terms used in this book are italicized. The Korean language has consonants and vowels that we do not have or do not sound exactly the same in English. The terms in this book are spelled phonetically, sound them out how they are spelled.

Different books may spell the same word differently. The spellings in this book are by an American English speaker.



OF A NEW STUDENT SHOULD KNOW...

The only shoes allowed on the mat are Taekwondo shoes, do not use them for training (you can't pivot well and will injure your ankles). Leadership Teams may wear them for teaching. Do not wear Taekwondo shoes on the mat if you have just walked in from outside, try to keep the mat as clean as possible.

TERMINOLOGY

We use the Korean terms for many of the techniques in class. The Korean terms are used since Taekwondo and Hapkido originated in Korea. You will need to learn the terminology to advance in rank. You will also need to learn the terms if you plan to compete in tournaments, Taekwondo referees are trained to use only Korean. Most of this terminology you will learn from hearing it everyday. You may also refer to the terminology section in this manual. The terminology is spelled out phonetically, so pronounce it how it looks. The Korean words throughout this manual are displayed in italics and are hyphenated to show syllables. Phonetic spellings for the same word may vary from source to source. Student Manual Study Class on Friday nights will also teach the terminology. Visual and audio flash cards are available.

TESTING

Beginners start with a white belt. **To get to the next belt level of yellow stripe, 9th Gup, you must earn another two black stripes and a white stripe.** You will then be invited to formal testing to perform the requirements before the testing board. There is a fee for this certified testing. The amount is proportionate with increasing rank, but testings are spaced further apart. Testing requirements for each belt are located in this manual. To test, students (school age) must present copies of school report cards, a home report card that has been graded by a parent or guardian and a letter of recommendation. Testing is optional. Results from testing are announced a few days after testing at the end of class, private tests may take up to a week. **If you plan to test, your application must be turned in the Thursday prior to testing day or before.**

The Tiger Tot class follows the same curriculum but is broken down into steps. Tots test to earn different colored Sashes during regular testing times. Check the manual chart, attendance card or poster near the classroom for Tiger Tot testing requirements.

Testing is designed to build confidence, not tear it down. This is why we test by prequalification only. Always strive to do your best. As beginners, you may become nervous, and may not perform as well as you do in class. In extreme cases of stage fright, your instructors would have you show them the techniques again the following week before or after class, or at the next test. They will work with you until you do pass. As your rank increases, you will become less and less nervous.

OTHER EQUIPMENT

Before you test, you must earn the 4 patches; school, association, American and Korean flags, and have them sewn on your uniform. A sewing service is available, see the office.

You must have a yellow stripe belt to begin sparring. You must have full safety equipment to begin sparring, \$145-\$165. **For insurance purposes, only White Tiger gear is allowed.**

TOURNAMENTS

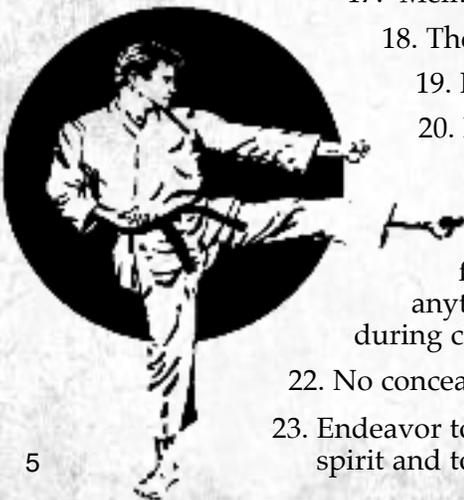
Tournaments are optional. Never compete in a tournament unless your instructor is present. You should always have a coach. If you wish to attend a tournament and it has not been posted, bring it to your Master's attention - may wish to attend as a school. Tournaments can cost from \$50 to \$75 and this fee is paid to the organization hosting the tournament, not to White Tiger. Throughout the year, White Tiger hosts internal tournaments. These are low cost practice tournaments with trophies or medals and ideal for a first time competitor. White Tiger also hosts a Holiday Tournament in December complete with medals. This Tournament is a free tournament for all White Tiger students.

Outside Tournament info: https://www.facebook.com/whitetigermasters?ref=br_rs

DOE-JAHNG RULES AND REGULATIONS

Training in Martial Arts is mental as well as physical in nature. In addition to techniques of self-defense, we are learning an art which builds self-control, discipline and respect for other people. These mental states are attained by following of certain traditions and formal behavior while within the *doe-jahng*.

1. Respect and obey your instructors and higher ranking belts at all times.
2. Always bow:
 - a. upon entering and leaving the *doe-jahng*.
 - b. upon entering and leaving the mat area.
 - c. when first seeing the senior instructors, and once again when leaving for the day.
 - d. when beginning and ending practice with a partner.
 - e. before and after asking the instructor for assistance or advice.
3. Be in full uniform and on the stretch mat at least five minutes before class starts.
4. Take off your shoes and store them on the appropriate color shoe rack by the mat.
5. Keep all uniforms clean at all times. Also, pay respect to your own body and keep yourself clean and well groomed.
6. Keep your fingernails and toenails trimmed short.
7. No watches, rings, or jewelry of any sort will be worn during training, except eyeglasses when necessary. This includes removing wedding rings.
8. No smoking, drinking water or soft drinks, chewing gum, loud talking, laughing or horse play in class. The instructor will let you know when it is time for water breaks.
9. No unnecessary noise. When not participating, please sit or stretch quietly: remember that by watching others practice, you will also learn.
10. No slouching, reclining, sitting or leaning against the wall is allowed in class.
11. Do not sit on the gymnastics mats or touch the mirrors. No weapons near mirrors.
12. Do not use profanity.
13. You should refer to higher ranking belts as Mr. or Ms.____ , no matter what their age.
14. The Senior Master Instructor of your school is always to be addressed by their proper title, "Sir", or *Kwan-jahng-nim*. Senior instructors are called, "Sir", or *Sa-bum-nim*.
15. In reply to a question or command requiring an answer, all students should answer "Yes, Sir" or "No, Sir".
16. Go to Leadership Team members with problem or with questions that need to be answered before you see your instructor.
17. Memorize the names of the Taekwondo movements in Korean.
18. The *doe-jahng* will be kept neat and clean by its members.
19. Never do anything to dishonor our school or your instructor.
20. Never willingly fight, for any reason.
21. Parents: Encourage your children! Their efforts need to be rewarded. Do not compare them with others in the class. Each child is unique, and will benefit differently from the next. Parents and visitors are welcome to watch class anytime, however, we ask that you do not talk to your child during class time. Please leave the discipline and coaching to us.
22. No concealed weapons or anything that may harm others.
23. Endeavor to develop yourself mentally and physically in the Martial Arts spirit and to keep friendship with other members.



WHY BARE FEET? WHY *KEY-HAHP*?

WHY DO MARTIAL ARTS STUDENTS TAKE OFF THEIR SHOES BEFORE TRAINING?

There are five general reason why Martial Arts students take off their shoes before they enter the *doe-jahng*.

1. To create "natural" body balance and coordination.
2. Ancient Oriental Custom. It is said that the shoes bring in the troubles of the street. When visiting a friend in the Orient, one does not bring him the troubles of the street or one's own personal problems, but to visit another's home means to pay him and his family respect and to hear what he may have to say.
3. Prevention of injury from the hard leather shoe while sparring with a fellow student.
4. A method to keep the training area clean from pebbles and dirt from the street.
5. A method to strengthen and condition the feet and ankles.

TIGER TRIVIA

In Korea, you must remove your shoes before entering a person's home.

Restaurants will provide you with slippers to wear after you remove your shoes and leave them by the door.



WHY DO MARTIAL ARTS STUDENTS YELL?

The yell, or *key-hahp*, plays a very important part in formal Martial Arts training. If the *key-hahp* is executed properly, the yell comes from the pit of the stomach, not the throat. The *key-hahp*, when applied properly, will result in the following:

1. You will obtain more power (breathing control).
2. You may possibly startle or intimidate your opponent.
3. You may cause an attacker to hesitate, creating your chance to react.
4. You will reduce the tension in your own body.
5. You will decrease your own awareness of pain.
6. Repetitive *key-hahps* will condition the abdominal muscles, thus allowing them to absorb a harder blow.
7. While absorbing a blow or while falling, such as *nok-bup* techniques, the *key-hahp* forces the air out of the lungs. This prevents the air from being forced out (ie. have your wind knocked out) leaving you temporarily disabled.
8. In practice such as one-step sparring, the *key-hahp* is used as a signal to indicate to your partner that you are ready.
9. The *key-hahp* helps to regulate controlled breathing which aides in increasing stamina.

BENEFITS OF MARTIAL ARTS

Martial Arts will teach you how to protect yourself in the event of physical confrontation, but this is the most modest of their benefits. In addition to helping you get and stay physically fit, Martial Arts can help you minimize stress, develop better focus and self-discipline, and move you along the road to self-discovery.

In each Martial Arts class, you'll learn how to harness your natural strength. Not just the muscular variety, but the power that lies in your spirit and mind.



CHILDREN

Children's classes are divided by both age and skill level. All children are taught at their own pace to develop their present capabilities and bring out their hidden potential. The Masters are committed to helping each and every student improve. The goal of the White Tiger children's program is to provide benefits that extend

beyond the walls of the Martial Arts school. Many parents, doctors, teachers and psychologists find that Martial Arts improve children's academic progress – attention span, listening skills, cooperative learning, following directions and leadership skills are all areas of training that directly carry over to the academic

TIGER TIP
Some students have been able to discontinue medication for ADD and even depression after a few months of training.



essential physical, motor, linguistic, perceptual and social skills. Children as young as three years of age learn fundamental movements that can improve their sense of balance and coordination.

As boys and girls advance through their training, they'll be introduced to more complex drills that will challenge and improve their ability to concentrate, which in turn can elevate their self-esteem.

TEENS

As childhood slips away, youngsters enter a stage where they become increasingly independent of their parents. Their physical growth is readily apparent but their intellectual and emotional development cannot be



- ACCURACY
- ACHIEVE GOALS
- AGILITY
- AMBITION
- ASPIRATIONS CONFIDENCE
- ASSERTIVENESS
- BONDING
- BUILDS CHARACTER
- COMMUNITY INVOLVEMENT
- COMMITMENT
- CONCENTRATION
- COOPERATION
- COORDINATION
- DEPENDABILITY
- DISCIPLINE
- EFFORT
- ENDURANCE
- ENTERTAINMENT
- EXERCISE
- FITNESS
- FLEXIBILITY
- FOCUS
- FRIENDSHIP
- FUN
- GENTLENESS
- GOOD JUDGEMENT
- HONESTY
- HUMANITY
- HUMILITY
- IMPROVE GRADES
- INCREASE ENERGY
- INDOMITABLE SPIRIT

INNER
STRENGTH

INTEGRITY

JUSTICE

KINDNESS

KNOWLEDGE

LEADERSHIP
QUALITIES

MENTAL
STRENGTH

MOTIVATION

OVERCOME
PEER
PRESSURE

PATIENCE

PERSEVERANCE

POLITENESS

POSITIVE
ATTITUDE

PRIDE

QUALITY TIME

RESPECT

RESPONSIBILITY

REDUCE
STRESS

SELF
CONTROL

SELF
DEFENSE

SELF
RELIANCE

SHARING

SINCERITY

SPORT
COMPETITION

STRENGTH

TEMPER
CONTROL

TONE & FIRM

TRUST

VITALITY

WISDOM

BENEFITS OF MARTIAL ARTS

as easily measured. Lines of communication can become crossed, tangled, strained and, in some cases, completely disconnected. Unlike organized team sports, which often fail to nurture the individual, Martial Arts can provide your son or daughter with the chance to become stronger and more flexible and to improve their overall health and self-image. They'll come to recognize the rewards of hard work and discipline, which often lead to improved academic performance. They'll make friends who share a healthy interest and they'll fortify themselves against negative peer pressure. Youngsters who have

been taught to respect their bodies and minds are less likely to fall prey to using life-endangering substances or engaging in activities that can destroy their health.

ADULTS

White Tiger offers adults a comprehensive fitness program. Classes are specifically designed to increase cardiovascular capacity, muscular strength, endurance and flexibility. They can provide an opportunity for weight loss and stress relief. In addition, training in Martial Arts produces benefits beyond those of a traditional exercise program.

Martial Arts training is exercise with a purpose.

While you improve your physical fitness, you will also be developing important self-defense skills. You will learn to confront and combat your fears. The confidence you gain from learning self-defense, improving your fitness, and feeling better about yourself will help you cope



with daily situations at home and work.

If you are concerned about your ability to stick with an exercise program, Martial Arts is the choice for you. The variety of Martial Arts techniques will provide a constant challenge, and the rank system will show your progress and keep you motivated.

FAMILIES

Today many parents are looking for activities that allow the entire family to spend time together. Parents and children can train together effectively in Martial Arts because everyone starts as a beginner. Doing Martial Arts together as a family allows you to work hard together in order to improve physical fitness, self confidence, and discipline while having fun at the same time!



MARTIAL ARTS ETIQUETTE

TIGER TIP

In Korea they say it is the mature rice stalk that bows its full head. It is the hollow stalk with an empty head that stands up straight defying a bow.



RESPECTFUL BOW

looking straight into his opponent's face while bow is made at about a thirty degree angle, then back to the attention position. This type of bow is used primarily for competing in tournaments.

WHY BOW?

The bow is to reflect respect from one's soul. It can be considered the ultimate symbol in showing respect that would be difficult to explain in words. Unlike the American handshake, which is sometimes taken for granted, this ancient custom dates back to the beginning of time, when one man first approached another man in friendship and wanted to show respect for one another's presence. When a Martial Art student bows to his instructor, he is showing respect and recognition of the instructor's higher authority in the art. When one student bows to another, he is showing respect, friendship and trust. When students bow to the American flag at the beginning and end of class, they are saluting the flag and honoring what it represents. If the Korean flag is on display, they show their respect by bowing to it in recognition of the fact that Korea is the mother country of Taekwondo.

RESPECTFUL BOW:

The student comes to attention with cupped hands at his sides. The empty hands indicate that he has no weapon. The bow is then made at least at a forty-five degree angle, with the face looking at the floor, then slowly back upward to attention. Note: This bow demonstrates total trust, revealing the back of the neck, a very vulnerable area.

CHALLENGING BOW:

The student comes to attention with clenched fists at sides, the fists as weapons,

Note: It would considered disrespectful to use the challenging bow when addressing your instructor, a black belt or higher ranked student.

RESPECT TO OTHERS

Showing respect to others on or off the training floor is part of being a student in Martial Arts. While training, one should show respect at all times including to one's opponents. One should never lose patience, it is a sign of weakness. Maintain self-control and self-confidence at all times.



CHALLENGING BOW

DOE-JAHNG ETIQUETTE



SITTING IN THE DOE-JAHNG

There are only three ways that students are allowed to sit while wearing the training uniform, during class, at testings or special Martial Arts events. With the legs crossed, on the knees or with the arms wrapped around the knees. Students in uniform are never allowed to slouch, lean against the wall, lean on each other, sit on the gymnastics mats, sit on the counter or lay down. If they are attending an event and chairs are limited, they should always offer their chair to a parent, elder, senior or guest. Do your best to follow the rules and have the confidence to practice them often.

ETIQUETTE

1. GENERAL BOWING: When you bow, you must be in a position of attention with your head and upper body bent at 45° (the deeper the bow, the more respect you are showing), You must come to a complete stop and bring the heels of your feet together vigorously.
2. BOWING TO SENIOR BLACK BELT: When a senior Black Belt or Master Rondy enters the school for the first time that day, the highest ranking student should yell "*Cha-ryot*". At this time, no matter what you are doing, you should stop completely to face the senior and then the highest ranking student should say "*Kyung-nay*". All students then say "*Ahn-yong Ha-shim-ne-ka?*". If the highest ranking student fails to do this, the next in rank should take over.
3. PRESENTATION OF DOCUMENTS: When handing papers or something with writing on it including an application or certificate, always turn the document so the other can read it. Bow, and use two hands to pass it. Always accept with two hands.
4. PRESENTATION OF OBJECTS: When working with weapons or targets in class, always turn them around to pass them to your partner, offering them the handle.
5. CONVERSATION: Do not interrupt the conversations of others. Hands must not be placed inside pockets at any time while conversing with a senior.
6. INTRODUCTIONS: When introducing people, always introduce the junior to the senior.
7. ATTENDING TO SENIORS: When entering a room, the junior must enter first, then stand to one side and allow the senior to enter and lead the way.
8. SITTING: Before sitting down, you must wait until your senior is seated comfortably.
9. CEREMONY SEATING: The seating must be arranged so that the highest ranking is in the center, with the immediate lower ranking to the right and left and descending in rank.
10. CLEANING THE SCHOOL: Help with keeping the school clean. If you witness a senior cleaning the school, you should immediately take over the task.

TAEKWONDO *DOE-BOKE* - UNIFORM

The *doe-boke* is considered a primary necessity in training for the following reasons:

- Wearing the *doe-boke* should instill pride in the wearer as a practitioner of Taekwondo.
- It identifies individual capacity and degree of Taekwondo cultural education attained.
- The style of the *doe-boke* is symbolic of Taekwondo's heritage and tradition.
- Rank changes create incentives while at the same time preserve humility.
- It is practical and comfortable for training.

It is very important for the wearer to keep the *doe-boke* clean and wrinkle free at all times (do not wash the belt). Wear it correctly, and treat it with the respect owed to this art. When in *doe-boke*, remove all jewelry

(including watches, rings, necklaces and earrings).

Women should wear a white t-shirt or sports top under their uniform. Black Belts may wear a black garment under

their uniform.

You must have all your patches sewn securely on your *doe-boke* before your first belt promotion test. Follow the guide below to ensure proper location of the patches.

AMERICAN FLAG PATCH

Sewn two-fingers width below the center of shoulder. Right sleeve.

KOREAN FLAG PATCH

Sewn two-fingers width below center of shoulder. Left sleeve. Red goes up.

TIGER TEAM BLACK BELT CLUB PATCH

Sewn two-fingers width below the American Flag Patch. *Members only.*

WORLD TKD FEDERATION PATCH

Sewn over right side of chest.

WHITE TIGER TAEKWONDO SCHOOL PATCH

Sewn over left side of chest. "Over your heart"

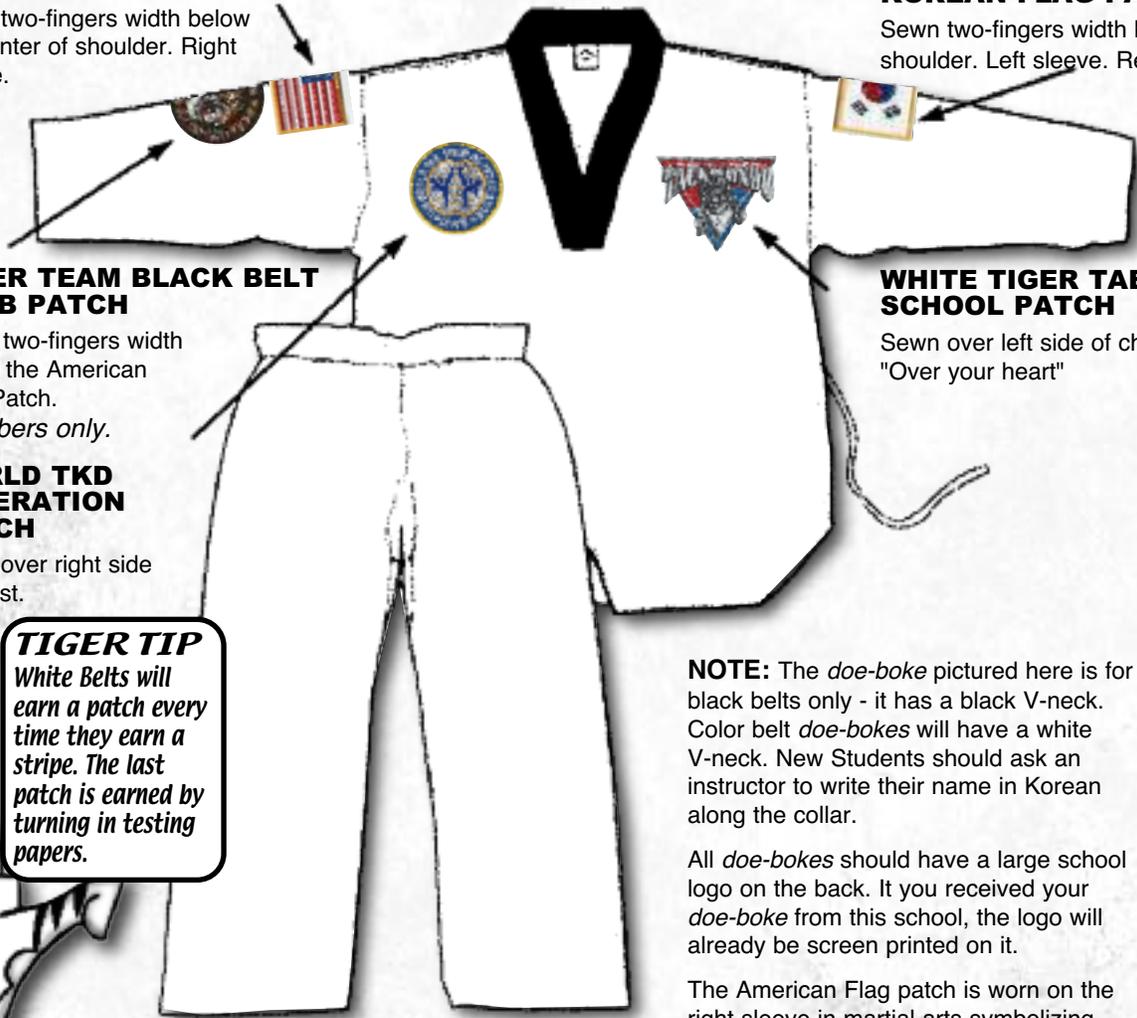
TIGER TIP

White Belts will earn a patch every time they earn a stripe. The last patch is earned by turning in testing papers.

NOTE: The *doe-boke* pictured here is for black belts only - it has a black V-neck. Color belt *doe-bokes* will have a white V-neck. New Students should ask an instructor to write their name in Korean along the collar.

All *doe-bokes* should have a large school logo on the back. If you received your *doe-boke* from this school, the logo will already be screen printed on it.

The American Flag patch is worn on the right sleeve in martial arts symbolizing defense only.



Ask the office for the patch sewing service



HOW TO CARE FOR THE UNIFORM

The simplicity of the Martial Arts training uniform also serves as a way to humble the student. Everyone starts off as a beginner.

In Martial Arts, it really doesn't matter who you are or why you're here. You may be rich or poor, male or female, young or old, black or white. We are all here to learn the same lessons about ourselves and about life. Our status in life is left outside the door of the school.

The only status recognized in the *doe-jahng* is your earned rank. All the uniforms are the same with the exception of the leaders or instructors uniforms.

ALTERATIONS

It is not uncommon for young students still growing to go through two or three different uniforms by the time they reach Black Belt. The uniform included in your trial package is purposely sized large. If the uniform is turned up rather than cut, it can be let down as the student grows. If the sleeves and pant legs are too long, have them hemmed. It is considered disrespectful to roll up the sleeves or pant legs while training. Having the uniform hemmed will also prevent the student from tripping if it comes unrolled. Do not use safety

pins or any metal items on your uniform. This is unsafe to yourself, others and the mat while training.

The smallest size *doe-boke* is a 000 and the largest regular size is a 8.

Only patches sanctioned by White Tiger are permitted on your uniform. They must be placed in specific places so everyone can be uniform in the school.

WASHING

Keep your uniform clean and wrinkle free. Keep it folded inside your gym bag.

You can wash your uniform in the washer with other like colors. Do not use bleach, you will bleach out the patches.

You may line dry your uniform or dry it in the dryer. If you use the dryer, don't over dry or use the hot setting. When the uniform is almost dry, remove it and fold it promptly.

You may iron your *doe-boke*, but don't iron over the emblem on the back.

STYLES

The White *doe-bokes* are used for Taekwondo, the Black *doe-bokes* for Hapkido, the Adidas 3 stripe uniforms are used for the Leadership Team and special colored *doe-bokes* are used for the demonstration teams. High ranking Black Belts have different colors

for each degree.

It is considered disrespectful to wear a printed uniform from another school while training here at White Tiger (*unless you are a visiting guest with prior permission*).

Traditionally, only the highest ranking practitioner on the mat can wear black pants. This rule excludes classes in which all the students are wearing black.

You may not wear just a t-shirt and your *doe-boke* pants for training in the summer. Our school is air conditioned in the summer and heated in the winter. (A luxury not available in Korea). Wearing the entire uniform is part of the discipline. Do not mix and match tops & bottoms.

REPLACEMENTS

Of course you may purchase additional uniforms at any time, break down and purchase another uniform when:

- There are yellow stains that won't come out.
- The pant legs only go down to your calf.
- It stinks, even after you wash it.

TIGER TIP
Uniform in Korean is pronounced, "Doe-boke" with a long vowel...not "Doe-bak"



FREE CHIN-GOO UNIFORM

WANT A FREE UNIFORM?

The greatest compliment you can give your school is a referral that results in a new student. White Tiger is proud to present a student who referred another with a beautiful embroidered "Chingoo" Uniform.

Chin-goo means friend in Korean. Your referrals is what helps this school grow and flourish - and we greatly appreciate it.

Need help referring a friend? The office can assist

you with providing a VIP Card to give, a Tiger Trial Program, or simply provide us with their address and we will send them information.

The *Chin-goo* uniform comes complete with all embroidered patches.

Thank you very much!



CONGRATULATIONS!

Thank you for your referral which resulted in a new White Tiger Student. You are being awarded the **CHINGOO UNIFORM** in appreciation of your support and dedication to quality martial arts.

The Chingoo Uniform may not be purchased, only earned. It features a black V neck, embroidered logo and patches and "White Tiger" lettering down the leg. Thank you!

HOW TO CARE FOR THE *DEE*- BELT

Your *dee*, or belt, is a symbol of all your learned knowledge of Taekwondo.

Your belt is like a blank piece of paper waiting to be written on with all your Martial Arts knowledge.

Everything in Martial Arts serves a purpose. There are no useless techniques or motions with no reason. Even the belt serves to keep the *doe-boke* secured, and the color is a motivator to the student as well as a teaching guide to the instructor. An instructor can glance at your belt and know what techniques you have learned and what you need to be taught.

The knot on your belt hangs in the center, just below your navel. This area is your "key" or energy center. The knot protects this vulnerable area.

DO...

- Keep your belt tied properly.
- If you have an uneven amount of stripes, stars or bars, display the side with the most on the right side.
- Keep your belt tied around your uniform so you don't forget it.
- Leave your belt on at all times when in uniform, unless instructed by your Master to do otherwise.
- Do practice only Martial Arts techniques while wearing a *doe-boke* and *dee*.
- Keep your old belts, you may want to display them someday.
- Tie your belt so the ends are even.

DON'T...

- Let your belt touch the ground.
- Throw your belt on the ground when you are finished training.
- Wear it draped around your neck.
- Play with it or swing it around.
- Wash your belt. (Don't wash out your knowledge).
- Remove or add any tape on your belt.
- Curl or roll your belt, it will not hang correctly when you wear it.
- Dry it in the dryer - it will shrink.
- Worry if your belt gets threadbare. This means that you have been training hard. If you are a color belt, it is probably time to test for the next level.

If you are one of those people who has an unusually high pH level, you may find that some of the color belts will rub color off onto your uniform when you sweat. Don't worry, a black belt will cover the stain.

Since you don't wash your belt, it will get dirty. Long ago, your white belt would get dirtier and dirtier year after year, until eventually it became black. Luckily, we have different color belts now, to symbolize the same process.

If you have just earned a new belt, you will notice that it is very stiff. You can

always spot a new belt.

The best remedy is to get a few good sweaty workouts under your belt to soften it up and make it hang straight.

A threadbare Master's Black Belt is an emblem of an experienced practitioner. As the fabric becomes worn and loses its color, the belt's white inner core is revealed. This process also symbolizes the cycle of Martial Arts training; the more you learn, the more you realize how little you know.

Your belt is your responsibility. To remember to take care of it and bring it to class is part of your training.

If you forget your belt, you will be a "no belt" for the day and line up after the lowest ranking belt in class.

Humility is also part of the discipline.



1st Degree ...white/black uniform.
White embroidery on belt.

2nd Degree ...gray/yellow uniform.
Yellow embroidery on belt.

3rd Degree ...black/green uniform.
Green embroidery on belt.

4th Degree ...blue/black uniform.
Blue embroidery on belt.

5th Degree ...red/black uniform.
Red embroidery on belt.

HOW TO TIE YOUR BELT & FOLD THE UNIFORM



1. Find the center of your belt and place it at your belly button, seam facing down.



2. Wrap both sides of the belt around your back and back around to the front. For comfort, and to prevent it from falling off if untied, tuck one inside of the other.



3. With a belt end in each hand, take the right side and lay it over the left end and tuck it up under both layers.



4. Now take the left side and lay it over the right side and bring the end up through the hole. Pull tightly. The knot forms a triangle that points toward your left.



1. Lay the top of the uniform down, logo facing the ground.



2. Fold one side in at the shoulder. Fold the sleeve back.



3. Repeat side and sleeve fold for other side.



4. Fold the pants in half widthwise.



5. Fold the pants in half lengthwise.



6. Fold in half again lengthwise.



7. Place the pants on the top and fold it up.



8. Fold the belt in half and loop to secure.

CLASS PROCEDURE

BEGINNING CLASS

1. Bow as you enter the school.
2. Bow to your senior students and instructors.
3. Bags can be placed in the locker rooms. You may bring your own lock for a locker, do not leave items in locker overnight. Do not leave valuables unlocked or in your vehicle.
4. Key your ID number into the tablet in the room where you will take class.
5. You may warm up for class in the Stretching Station, in a *doe-jahng* that is not in use or may use the running track (14 + older or Black Belt) with a gym membership.
6. Remove your shoes, bow to enter the mat area and place your shoes in the color appropriate shelf.
7. When the instructor begins your class, line up quickly and stand at attention. Black Belts (or highest ranking) will line up along one side from front to back. The lines will continue while decreasing in ranks.
8. The instructor will call everyone to stand at *Cha-ryot* - attention. Never move or fidget while standing at attention.
9. The instructor will say "**Kook-gie Kay Kyung-nay**" - bow to the flags.
10. The highest ranking student will then say "**Sa-ba-nim Kay Kyung-nay**" - bow to the instructor. All students say "**Ahn-yong Ha-shim-ne-ka?**" - How are you, Sir? - while performing this bow.
11. Class will then continue at the instructor's commands. Remember to always answer "Yes, Sir" or "No, Sir".

ENDING CLASS

1. When the instructor calls for you to line up, do so quickly and in the same order as when class began.
2. The instructor will say "**Kook-gie Kay Kyung-nay**" - bow to the flags.
3. The highest ranking student will then say "**Sa-ba-nim Kay Kyung-nay**" - bow to the instructor. All students say "**Gam-sa-hom-ne-da**" - Thank you, Sir - while performing this bow
4. The instructor will have all students step out with their left foot, bend over with feet apart grasping their ankles. The instructor will say "White Tiger! then *key-hahp*, or yell two times. Each yell is echoed by all students, then quickly slide the left foot in to meet the right, clap three times, then with two fists raised in the air, *key-hahp* once more. The instructor will dismiss class, you should bow once more before turning around to walk off.
5. Before you step off the mat, bow to the flags.
6. When leaving for the day, turn around and bow inside while at the threshold of the door.

TIGER TIP

Female and male instructors in martial arts are all referred to as "Sir".

There is no gender in the *Doe-jahng*. There is no race, no skin color, no financial and no social status.

Students and instructors are recognized for their earned rank only.



MESSAGE TO BEGINNERS

To those of you just beginning Martial Arts, neither fear your new found practice, nor expect too much of it. The majority of beginners experience a feeling of inadequacy with regard to performing the movements involved. If you feel this way, don't worry, it is common and short-lived. You are not an expert yet, and no one expects you to do more than your best. If you expect too much in the beginning, you will disappoint yourself. Example: if you try to eat more than your stomach will hold, you are going to get sick. You can digest only a certain amount each time.

TIPS FOR BEGINNERS

Just like the game Simon Says, maintain your position until you have been told to stop or *pa-roh*.

When kicking bags or targets, remember that technique and accuracy are most important. It doesn't matter how fast or how hard you can kick if you can't hit the target.

When you are called out by the instructor to step forward; run, don't walk.

If you are going to miss a class for a week or so, call the school to let us know or you will receive a call from the "attendance police".

We will not let you give up on yourself.

Martial Arts are unlike any other sport or activity. You will need to use muscles you didn't even know you had and will need to acquire new balance and coordination, which will take time. Everyone stinks at this at first.

If you are older or not very flexible, come to the school earlier to do additional stretching before class.

We want you to try your best, but as a beginner you must allow your body to get acclimated to this new activity. Trying too hard too soon may result in an injury, which will only slow down your learning process.

"If you try to run up the mountain, you will fall off."

You must train at least two times a week if you want to make any measurable gains. After a few months, you should see a difference in the way you look and feel.

School age kids should get into the habit of saving a copy of their report cards - they will need to turn in a copy of it with their testing applications for new belts. Students with D's and F's have been able to pull their grades up to A's and B's when their next color belt depends upon it.

Students who get involved in the activities offered at the *doe-jahng* make more friends,

TIGER TIP

As a beginner you will have two enemies: the lack of self-confidence and discouragement - don't let either overcome you.



learn more and learn faster.

We train to music in many classes to motivate and to add rhythm to the warm up drills. Music is used in Korean *doe-jahngs* and for the Olympic training team.

You may notice that the temperature is kept warm in the *doe-jahng*. This is to keep your muscles warm and reduce injuries.

Unlike the movies where kicks are left sticking out in the air, re-chamber your kicks quickly. This prevents your leg from being grabbed and allows for a second technique if necessary.

Watch others and learn.

Although we always have the basics, techniques are constantly being replaced by quicker, more efficient ones. Perfect examples are the side kick and kicking with the ball of your foot. These kicks are still great for forms, but no longer very effective in sparring situations. Competitors have found that speed and flexibility are gained by pointing the toes when kicking. The side kick although powerful, is slow and can be detected long before it reaches its destination.

BEGINNER DO'S & DON'TS & SAFETY

If you feel overwhelmed with so much information, remember that Martial Arts is way of life. It is a journey, rather than a destination and takes a lifetime to fully comprehend. Take it slowly, one step at a time.

DO

- Watch the Orientation.
- Make sure we have your current email address.
- Arrive promptly to warm up and practice.
- Maintain good hygiene.
- Bring necessary equipment to each class.
- Attend class regularly.
- Strive to follow school regulations.
- Respect the value of your training.
- Log into your Kicksite account to keep updated on events, testings, tournaments and closings.
- **Newsletter**
- **Tiger TV Video**
- **Table Tents**
- **LED signs**
- **Facebook page**
- **Website**
- **Class Announcements**
- **Events/schedule**
- **weekly e-mails**
- **Pawcast**
- Demonstrate emotional and physical control.
- Strive to remain humble.
- Obey the instructor at all times.
- Have clean feet.

- Pick up your clothes in the changing room.
- Kids, wait inside to be picked up.
- Practice your forms at home, this is your Martial Art homework.

DON'T

- Be late for class.
- Wear a dirty uniform.
- Forget your equipment.
- Talk or play in class.
- Miss class.
- Neglect school rules.
- Abuse what you learn.
- Talk too long on the courtesy phone in the cafe.
- Show off or brag.
- Ask to go to the bathroom during class unless absolutely necessary.
- Ask to rest unless you're feeling sick.
- Chew gum in the *doe-jahng*.
- Ask to get a drink of water during class.
- Powder your feet and track it all over the mat.

TIGER TIP

Don't be nervous if your practice partner is high ranking. THEY have learned control, sometimes it's the white belts you have to watch out for.



BEGINNER SAFETY

Often the most dangerous person in the *doe-jahng* is you. Most injuries occur when students try to be "macho" and attempt to keep up with, or outdo, the advanced students in class or fail to properly warm up and pull a muscle.

Adults, take it easy on the jumping exercises. Remember whatever goes up, must come down.

Also be cautious when turning or pivoting on knees and ankles. Stretch out achilles tendons and hamstrings.

New Hapkido students need to exercise caution with rolling techniques. Use your arms for "rollbars" so you don't support the weight of your body on your neck.

It is the job of the instructors to make everything LOOK easy, but you will soon discover that the appearance of ease only comes with years, often decades, of experience.

Classes are always closely monitored by certified instructors. If an injury does occur, a first aid kit is kept near the locker rooms, and in the office.

R.I.C.E. FOR INJURIES

Rest, Ice, Compression and Elevation. Rest your sore muscles, apply ice, wrap up the injured area and elevate it.

THE KEY TO YOUR SUCCESS...

REPORT CARD "A" Student/Parent

- Has a current schedule
- Knows when the next testing takes place
- Has done a projection for approximate date of reaching Black Belt
- Plans on achieving black belt and beyond
- Regular attendance of 3+ times per week
- Arrives early, stretches and warms up before class
- Makes friends at the school
- Shows respect for seniors, is helpful to juniors
- Has a uniform that fits and a spare
- Has proper sparring gear
- Refers other students to join the school
- Asks if they can help out
- Writes and posts positive reviews
- Lets staff know if they will be on vacation or will miss classes
- Lets an instructor know if they need extra help with a technique
- Knows about training aids provided and uses them
- Joins a team when they are eligible
- Joins us for summer camps
- Schedules their birthday party at the school.
- Parents train as well or stay and watch class
- Participates in special events

Almost 100% will receive black belt

Welcome to quite possibly one of the fairest systems in the world. What goes in - is what comes out. You will find no short cuts to earning your rank. Rank cannot be bought, borrowed or assumed.

But also understand, your age, your gender, your nationality or physical condition cannot hinder your success either. There are no excuses.

REPORT CARD "B" Student/Parent

- Usually gets to testing, schedules a make up when they must miss a test
- Attends classes 2 times per week
- Parents are usually present in the building during classes, but are sometimes preoccupied
- Shows up for class just on time
- Will let the office know if there is a spill on the floor or if the rest room needs paper towels
- Attends some special events
- Brings friends, but always the same friends who never enroll, to special events.

Approximately 75% will receive black belt

...IS IN YOUR HANDS

REPORT CARD "C" Student/Parent

- Attends classes 1 to 2 times a week
- Misses weeks here and there
- Puts other activities and sports first
- Does not attend special events
- Often says, "nobody told me about that"
- Doesn't open weekly emails
- Turns in testing papers at the last minute
- Asks to borrow a manual at the counter so the parent can quickly find the test answers to turn in test application
- Parent is not present for classes
- Student has outgrown uniform but parent does not want to spend the money to buy a new one
- Always looking for a sale or cheaper price
- Doesn't have proper sparring gear
- Does not know about training aids, newsletters, videos, etc.

Will most likely quit before Green Belt

Your amount of effort put forth (and your effort of your parents if you are young), will determine the level of your success.

Decades of experience have enabled your instructors to create a "Report Card" to list what it takes to achieve success in the Martial Arts.

The fairness of the system is such: Absolutely Everybody can be a "A" student. You just have to make up your mind to be one. No matter where you fall on the Report Card chart, you always have the ability to improve your grade.

Through Martial Arts, you will learn a lesson that is true for all goals and challenges in your life:

If you truly want something, you will find a way.

If you don't, you will find an excuse.

What do YOU really want?

REPORT CARD "D" Student/Parent

- Gets dropped off for class, parent does not come in (younger students)
- Student has to wait for long periods at the school to be picked up, sometimes has to call for a ride
- Shows up for wrong classes, wrong times
- Shows up for classes on testing days because they did not know about special events being held
- No one answers phone messages or emails from the office indicating that the student is falling behind
- Wrinkled and dirty uniform
- Is left unattended before and after class, staff is expected to babysit
- Checks may bounce, or drafts fail due to NSF.

Not likely to last very long in a membership

COMMITMENT TO TRAINING

Do I have a history of starting then quitting things?
Am I frequently late or do I miss appointments?
Do I have trouble concentrating or staying focused?
Do I neglect my physical, mental and spiritual health?
When something becomes challenging, do I tend to give up?
Do I often misplace or lose things, or forget what task I am trying to complete?
As I reflect upon my life, are there few, if any, accomplishments I can celebrate?



Are you afraid of commitment? Commitment is defined as "a sense of moral dedication or adherence to a course of action." If there is one quality you need to develop early on in your Martial Arts training, it's commitment.

Before you can develop your personal goal plan for your Martial Arts education, you should take a personal inventory. Begin by honestly answering the following questions above:

No scientific scoring system is necessary to understand that too many "yes" answers mean you definitely need Martial Arts training. If you are one of the extraordinary people who were honestly able to answer "no" to all the questions, you are probably already a Martial Artist, or are well on your way to being one.

When you begin your Martial Arts education, you'll be amazed at how organized your life will become, with set class times and target dates for examinations and reaching goals.

list of techniques which will be explained to you and are illustrated in this manual. If you practice consistently, every few weeks you will earn different preliminary stripes on your belt and every few months you will be qualified to test for a new color belt.

In the back of this manual, you will find a testing form to set goals and chart your progress.

Now that you have determined what you want to accomplish and you have assigned general time lines to each goal, it's time to put your plan into action by developing a regular training schedule. Since White Tiger offers classes around noon time, in the afternoon, evenings and weekends, working out a training schedule is fairly simple.

Despite the best-laid plans, unexpected meetings or family commitments will sometimes take precedence over your Martial Arts schedule. When this happens, get back on track as soon as possible by resuming your training schedule quickly.

If you have missed a week or two of classes contact the office. They will help you get back on schedule and ensure you're able to adhere to your goal plan. All this will help you stay motivated.

Although staying motivated in Martial Arts will definitely require some effort on your part, you may find that it is easier to stick with than other activities because you are constantly learning. The level of skills required constantly increases as your proficiency increases. The system is designed to offer challenges without the participant being overwhelmed.

Cultivating a learning method that is reinforced through positive repetition is one way of improving your chances of achieving your goals.

TIGER TRAINING TIP

It takes 40 days to establish a new habit. It takes 90 days to confirm it. After 120 days, it will become apparent to others that you have made a change in your life.



DISPELLING MARTIAL ARTS MYTHS

Popular action movies have done wonders to increase the popularity of Martial Arts.

The movies also contributed to a lot of the misinformation out there about the Martial Arts. Real Martial Artists would probably make a boring movie since they would avoid confrontations, control their tempers and walk away from dangerous situations. The following information will help set the record straight.

You have to be in good shape before learning Martial Arts.

False. You will learn at your own pace. You will get into shape at your own speed.

You will be expected to perform dozens of push-ups and other conditioning exercises on your first day.

False. Martial Arts are about what you CAN do, not about what you CAN'T do. If you can do one push-up today, set a goal for two push-ups next week.

It will take many, many years before you will be able to defend yourself.

False. There is no exact date, it will vary from student to student. Self-defense begins in your head. You must feel that you are worth defending. Another aspect is to avoid confrontation in the first place. You will begin learning techniques from your very first day, but building the confidence to use them if needed will take time.

It will take decades to earn a Black Belt.

False. If you train regularly, you can expect to reach Black Belt in 3-5 years, Master Level will take a minimum of 12.

Receiving a Black Belt means you are an expert and have reached the end of training.

False. Earning a Black Belt means you have mastered the basics, and now the door is open for continued training with a much deeper level of understanding. After First Degree Black Belt, there is Second, Third, Fourth, Fifth and so on.

There is one Martial Art that is superior to all others.

False. Every Martial Arts system and style can offer innumerable benefits. It is essential, however, that you find one compatible with your needs and that you select an instructor who will help you achieve your goals.

I'll have to meditate and chant because Martial Arts are religion based.

False. Although Martial Arts training can provide practitioners with spiritual sustenance, it is NOT a religious pastime.

I am too old (or too young).

False. From the 2 1/2 year olds in the Tiger Tot program to the 90-something year old in Wing Chun, students of all ages can benefit from Martial Arts study.

My son or daughter will become more violent if he or she practices Martial Arts.

False. Youngsters will learn self-respect and respect for others, two characteristics that can discourage bullying and other forms of negative social behavior.

Women and girls shouldn't take Martial Arts.

False! Female enrollment accounts for 50% or even

higher in most schools. Since females are more likely than males to be targeted for crimes, they have even more reason to learn self-defense.

There is a high risk of injury.

False. Statistically speaking, more people are injured playing golf than practicing Martial Arts. Less than 1% of children will sustain any kind of injury because of Martial Arts training. Most other sports could never make that claim! You will be learning fighting and self-defense, but you are also learning self-control and proper distancing.

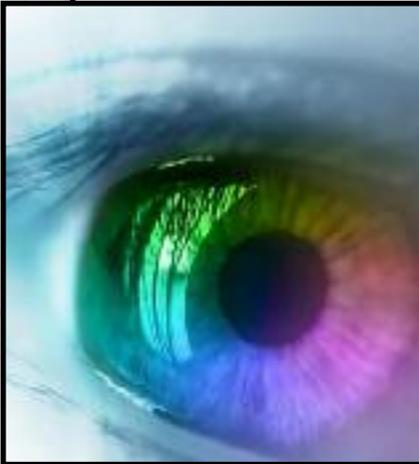
There are modified versions of the Black Belt Test for Children and Women.

False. It is the same test for all ages and both genders.

DISPELLING BLACK BELT MYTHS:

- A Black Belt does not have to get a tattoo.
- A Black Belt does not register his hands as a lethal weapon at the local police department or with the F.B.I.
- A Black Belt does not show his credentials before fighting an assailant.
- A Black Belt does not need to announce that he is a Black Belt before defending himself.
- A Black Belt does not need to have calluses on his hands.
- A Black Belt does not break his fingers and make them all even.
- A Black Belt does not need to be over the age of 18. 22

3 AREAS OF MARTIAL ARTS FOCUS



EYE FOCUS

Don't be distracted, keep your eyes on your instructor when they are teaching you something: Black Belts at the *doe-jahng*, teachers at school, your boss at work or parents at home.



BODY FOCUS

Control your movements. Don't fidget or move around during class. Do not waste energies on useless movement. Try your best to perform each movement with precision, power, speed and control. Strive for each movement to be purposeful and an improvement from the last.



MIND FOCUS

Pay attention and concentrate entirely on the activity you are doing at the present time. Block out the past and the future, NOW is for learning something new.

WHITE TIGER GOALS FOR RANK

BELT COLOR / GUP NUMBER	DURATION OF TRAINING	GOAL TEST DATE
1ST BLACK STRIPE	1-3 WEEKS	
2ND BLACK STRIPE	1-3 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	1-3 WEEKS	
2 YELLOW STRIPES - 9TH GUP	1 TO 2 MONTHS TOTAL	
1ST BLACK STRIPE	2-3 WEEKS	
2ND BLACK STRIPE	2-3 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	2-3 WEEKS	
YELLOW BELT- 8TH GUP	2 MONTHS TOTAL	
1ST BLACK STRIPE	2-3 WEEKS	
2 ND BLACK STRIPE	2-3 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	2-3 WEEKS	
GREEN STRIPE - 7TH GUP	2 MONTHS TOTAL	
1ST BLACK STRIPE	2-3 WEEKS	
2 ND BLACK STRIPE	2-3 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	2-3 WEEKS	
GREEN BELT- 6TH GUP	2 MONTHS TOTAL	
1ST BLACK STRIPE	2-3 WEEKS	
2ND BLACK STRIPE	2-3 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	2-3 WEEKS	
BLUE STRIPE - 5TH GUP	2 MONTHS TOTAL	
1ST BLACK STRIPE	2-3 WEEKS	
2ND BLACK STRIPE	2-3 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	2-3 WEEKS	
BLUE BELT- 4TH GUP	2 MONTHS TOTAL	
1ST BLACK STRIPE	2-3 WEEKS	
2ND BLACK STRIPE	2-3 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	2-3 WEEKS	
RED STRIPE - 3RD GUP	2 MONTHS TOTAL	
1ST BLACK STRIPE	2-3 WEEKS	
2ND BLACK STRIPE	2-3 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	2-3 WEEKS	
RED BELT- 2ND GUP	4 MONTHS TOTAL	
1ST BLACK STRIPE	4-6 WEEKS	
2ND BLACK STRIPE	4-6 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	4-6 WEEKS	
BLACK STRIPE - 1ST GUP	4 MONTHS TOTAL	
1ST BLACK STRIPE	4-6 WEEKS	
2ND BLACK STRIPE	4-6 WEEKS	
WHITE STRIPE (PREQUALIFY FOR TESTING)	4-6 WEEKS	
BO-DON (HALF BLACK & HALF RED)	4 MONTHS TOTAL	
MUST ATTEND 6 MONTHLY SEMINARS OFFERED DURING THE 6 MONTHS PRIOR TO BLACK BELT TEST (Tests in May & Nov)	<input type="checkbox"/> Rehearsals December <input type="checkbox"/> Rehearsals January <input type="checkbox"/> Rehearsals February <input type="checkbox"/> Rehearsals March <input type="checkbox"/> Rehearsals April <input type="checkbox"/> Rehearsals May (+Test)	<input type="checkbox"/> Rehearsals June <input type="checkbox"/> Rehearsals July <input type="checkbox"/> Rehearsals August <input type="checkbox"/> Rehearsals September <input type="checkbox"/> Rehearsals October <input type="checkbox"/> Rehearsals November (+Test)
BLACK BELT - 1ST DON OR POOM	6 MONTHS MINIMUM	
Ceremony to receive Certification & Belt	<input type="checkbox"/> MAY _____	<input type="checkbox"/> NOVEMBER _____

TIPS TO KEEP CHILDREN MOTIVATED

1. Don't compare your child to others. Every child learns at their own pace.
2. Arrive on time for class, allowing enough time before class to use the rest room, get changed, key your ID number into the correct room tablet and mentally prepare. Being dropped off late and rushed into class is uncomfortable for everyone.
3. Help your child prepare their uniform and belt. It is their responsibility to take care of their uniform and sparring gear, but you can help by double checking it. Everyone works very hard to earn their rank, whether it be a color belt or stripes or sashes. Not having your uniform or your belt makes one feel "stripped" of rank for the day. Imagine going to a business meeting and not having your business suit.
4. Help children study the manual, read to them. "Flash cards" help to memorize numbers and basic commands. Practice the written and video quizzes found on the website.
5. Hold a target for them at home. This will let you share in their experience. (Ask an instructor how to properly hold the target.)
6. Set examples. We can't expect children to follow the rules and live by codes of conduct if we don't show them how. Make an extra effort to be a good positive role model.
7. Be consistent. Set a schedule for training and stick to it the best you can. If you miss a class, make it up as soon as possible. The mind and body become accustomed to regular exercise, and if they don't get it, one will feel off-balance and sluggish. There is also the fear of falling behind if too much time is missed.
8. Be aware of your surroundings. Know about testing procedures, closings and special events. Stay in tune with our information sources. Don't be "that parent" that never seems to know what is going on. Open and read your weekly e-mails from us. Like the facebook page, use the tools on the website. Log into your Kicksite account.
9. Get involved. White Tiger offers events every month ranging from parties to sleepovers to tournaments to parent date nights. The extra events are a way for your child to socialize and make friends and feel like he is part of the White Tiger family. Getting involved and making friends, winning trophies at tournaments and earning new belts are all ways to stay motivated.

Imagine going to work all the time but never receiving an award of recognition, watching your coworkers all getting promoted while you stay at the same level and never having any time to make friends or socialize. Regardless of our age or stage in life, we all need friends, to feel like we belong and to be recognized for good work from time to time.
10. Set goals. Use the form on page 25 to help your child set realistic goals for themselves. Use the goals as a guideline. If you don't have a goal or a destination, you just wander around, not really getting anywhere. Set the goal, refer to it often and adjust it if necessary.
11. Join them. In most cases you will be driving them to the school anyway. You could just sit and watch them, or you could get some exercise, increase your mental and physical health, learn some self-defense and strengthen your relationship with your child by sharing the experience. A family that kicks together, sticks together.

TIGER TIP
Parents, seating is provided so you may witness the interaction between your child and the instructor. This relationship is vital to your child's success of reaching his goals.



THE BIG PICTURE - ROAD TO BLACK BELT

As you train, your instructors are looking at the big picture. They know that they have, on the average, barely four years to whip you into shape for the test that will change your life: the Black Belt test. Your endurance, technique, and skills have to be at a certain level, and this is largely the responsibility of the instructors.

Martial Arts are passed down through the centuries from teacher to student. Your instructors, and hopefully yourself are necessary links to keep the tradition alive.

The *doe-jahng* cannot provide a nurturing learning environment without a variety of ranked students. The lower ranks need seniors to look up to and the higher rank need juniors to guide.

Masters and instructors can be successful and flourish in their own rank only if the students they teach are successful and flourish.

Basically, everyone in the *doe-jahng* wants you to achieve your goals as much, if not even more, than you do.

As you are patient and work diligently to achieve your goals, you can expect to encounter the three stages of training before Black Belt.

BEGINNER

It's great to be a beginner. No matter what you do, everyone praises you and you have nowhere to go but up. Enjoy this period of your Martial Arts education. The journey is just

as important as the destination. Build a solid foundation for advancement. Practice proper etiquette such as bowing, study how to wear your uniform and tie your belt correctly. Learn how to perform basic techniques safely.

During the first trimester of training, instructors will focus on encouragement. Perfection of technique is not nearly as important as positive attitude at this point.

NOVICE

The novice level is usually regarded as green or blue belt, which can take you approximately one year to attain. At this stage, you'll probably possess some good fundamental skills. You will be more physically fit, and you will probably be able to perform most basic techniques with proper form, speed and power. At this point in your training, you might be developing areas of preference. Some novice students enjoy practicing forms, whereas others prefer sparring. Some focus on practical self defense and others enjoy training with targets. If you haven't done so already, this is a good time to try your hand (or feet) in competition or demonstration.

The second trimester proves to be the most challenging for the instructor. At this stage the student may at times become discouraged. The student can look back at all the belts he has earned and feel pride in his achievements. At the same time the student looks forward to

TIGER TIP
The only thing more satisfying than achieving your own goals, is to help others reach theirs.



the Black Belt and know that it is still a long way away. It is essential that the student discover their own preferences and strengths. The instructor focuses on motivation and further cultivation of technique.

INTERMEDIATE

It may take you several years to near the intermediate level. As an intermediate level student, your skills are coming together to form sharp, crisp techniques. Be careful not to let your elevated status go to your head. You're being groomed for your Black Belt. You are now a role model and will be held to a higher standard than beginner or novice students. As you climb higher, you'll be expected to demonstrate near-perfect form coupled with an attitude worthy of Black Belt. This is the stage in which the instructors will push and demand the most from you. This is when all techniques are fine tuned. It is important for the instructor to have balance when teaching. A student will never have the opportunity to finely hone his skills in the third trimester, if he had already quit or given up because he got frustrated during the first trimester.

RANK MILESTONES

BLACK BELT & BEYOND

You've sweated and worked hard for 3 to 4 years and now your instructor proudly ties a Black Belt around your waist. This is a momentous occasion. Pause to celebrate everything that went into this achievement. You will have put as much work into this belt as you would if you'd earned a university degree. What this moment doesn't symbolize is the end of your training. Receiving your Black Belt is actually the beginning of a deeper understanding of yourself: finding your capabilities, your challenges, who you are and the directions you will seek in life.

As a Black Belt, you yourself are considered an instructor. You will always have an instructor to teach you, but you must also summon your learned skills and use self-motivation for continued training and setting new and higher goals.

MILESTONES

Every new stripe or belt or even a technique that "snaps" for the first time is exciting and aids in motivation. The following are major milestones in your pursuit of the coveted Black Belt.

YELLOW STRIPE...

You may now begin sparring. If you are not comfortable with sparring, you may wait and begin at your next belt.

A full set of sparring gear is required. For insurance equipment compliance and uniformity, sparring gear must be issued from White Tiger. You may now attend the sparring class, if you are only training 2 times a week, you may want to upgrade your membership to add another day for sparring. You must spar at testing when you test for green stripe belt and beyond.

YELLOW BELT...

If you have not already, you will need to purchase or arrange to borrow sparring gear for your next test to green stripe. If you do not have it at testing, YOU must arrange to borrow gear from someone. We cannot lend you gear from the store, because we cannot sell it used. You should have your own for sanitary reasons.

GREEN STRIPE...

You will be breaking a board with a hand technique at your next test to green belt. You will also be attending the later testing time. Foam boards are available to practice your breaking in the school. You may use them with a partner or leadership team member at any time. Breaking will be practiced in all rank specific classes. Green Stripes and higher may attend the board breaking class on Fridays. Use school supplied foam boards or purchase real wood boards from the pawshop.

GREEN BELT...

Adults, you are eligible to join the Leadership Team. (Children may join as *bo-dons*). Green belts and higher may also audition for the demo team. Auditions are held every August and March.

BLUE BELTS...

Blue belts and higher in all styles may add weapons to their membership. The weapon changes every 3 months. See the office if you are interested in adding the weapons program.

BLACK STRIPE...

At the next testing, you will be asked to perform your testing *poom-say* and one additional *poom-say* at testing. You need to know them all. It is recommended that you attend *Poom-say* "review" or "perfection" classes to prepare for your test. You must have a *Bo-don* sticker on your card checked off of all forms. Projected check dates will be posted on your attendance card.

BO-DON BELT...

Children are invited to join the leadership team. (Adults may join at green belt.) Upon registration, you will receive the manual, seminar card and test. Upon certification, you will receive your teaching card and uniform and may begin assisting with classes. Assisted teaching hours will help prepare you for your next test. You must be a

RANK MILESTONES

bo-don for a minimum of 5 months. You will be eligible to test for Black Belt at the next Black Belt testing following your 5 month term as *bo-don*. Prior to your Black Belt test, you must attend a 6 2-hour seminars in preparation for the exam. A *bo-don* that has yet to take the Black Belt exam and get a “recommendation” wears the black portion of the belt on the bottom. This status is considered “Candidate”.



At testing, students may be issued a Provisional Black Belt. Students will need to continue their training and get the required approval signatures to be awarded their official embroidered belt and certificate in 6 months at the ceremony.



CERTIFIED BLACK BELT...
Students over 16 years old are now certified to be

judges of color belts, serve as judges at belt testings and referee at tournaments. Children are eligible to begin Hapkido training after they have taken the Black Belt exam.

Tuition discounts are available once you have completed the Black Belt exam. Discounts increase as your rank increases. Fifth Degree earns you a FREE membership for life.



PROFESSIONAL ASSOCIATIONS

KUKKIWON

Kukkiwon, also known as World Taekwondo Headquarters, and home of the World Taekwondo Academy, is the official taekwondo governing organization established by the South Korean government. It is supervised by the International Sports Division of the Ministry of Culture, Sports, and Tourism. Master Rondy is on the Advisory Board.



USA TAEKWONDO

USA Taekwondo is the governing body for Olympic Style Taekwondo in the United States. Every country has their own governing association for Olympic Style Taekwondo and these associations report to WTF based in Seoul, Korea. If you plan to compete in state, national or international level competitions, you may need to pay annual association dues.



WORLD TAEKWONDO FEDERATION

The World Taekwondo Federation is the governing body for Olympic Taekwondo for the world. White Tiger Black Belts are all certified through WTF Membership and certification dues are paid to the WTF through testing fees. Students do not pay annual association fees. Members of different associations are not recognized and may not compete, coach or referee in Olympic Taekwondo activities.



INTERNATIONAL OLYMPIC COMMITTEE

The IOC regulates the sports accepted and featured in the Olympics. The IOC accepts only one world recognized federation for any given sport. This insures that the rules and regulations are universally accepted within the sport. The IOC only recognizes the WTF as the official style for Olympic Taekwondo. You will notice the color of our belts are the same as the Olympic Rings.



MASTER RONDY'S LADY TIGERS

This hybrid Martial Art was designed exclusively for practical women's self defense. The program was created by Master Rondy. White Tiger serves as the education and grading organization for the program worldwide.



KOREAN HAPKIDO FEDERATION

White Tiger Hapkido Black Belts are certified through the Korean Hapkido Federation because it is the largest and most recognized throughout the world.



KAMA - KOREAN AMERICAN MARTIAL ARTS

For traditional martial arts school owners who want to run a successful school and keep the traditions and integrity of the martial arts. Master Rondy has been a speaker at annual events and on the Board of Directors.



TOP - TAEKWONDO ORGANIZATION OF PROFESSIONALS

Through Kukkiwon, TOP assists American school owners with legitimate Kukkiwon Black Belt Certificates for themselves and their students. Master Rondy was certified as a Kukkiwon Testing Panel Judge and may promote others up to 7th degree. Master Rondy currently serves as the US Director.



SAMUEL KWOK WING CHUN MARTIAL ARTS ASSOCIATION

White Tiger Wing Chun Kung Fu is certified through Sifu Samuel Kwok. Master Rondy is a 3rd generation IpMan student. (Bruce Lee's instructor was IpMan)



DRAGON SOCIETY INTERNATIONAL

An organization of Grandmasters that employs the advanced study of Anatomy and Physiology, neurological, vascular, skeletal, sympathetic nervous system, etc. Master Rondy is a speaker at their conventions and is on the Board of Directors.



ASSOCIATION PATCH SYMBOLS



WHITE TIGER TAEKWONDO

Student patch. All students must have this patch sewn on their *doe-boke*. This logo was specifically designed incorporating the Um/Yang symbol as it pertains to this school: east (Korea) and west (America), linear and circular, masculine and feminine and so on. The tiger represents Korea's Professional demonstration team, as Master Rondy is a veteran Tiger Team member.



THE WORLD TAEKWONDO FEDERATION

Student patch. All students of Taekwondo must have this patch sewn on their *doe-boke*. The World Taekwondo Federation is recognized by the International Olympic Committee and affiliated with the General Association of International Sports Federations. Membership into the WTF insures your Black Belt degree is registered at *Kook-gie-won*, Taekwondo Headquarters in Seoul, Korea.



KOREAN HAPKIDO FEDERATION

Student patch. All students of Hapkido must have this patch sewn on their *doe-boke*. Hapkido is not an Olympic sport, and therefore, has no main governing body. There are many associations for Hapkido. We have selected to certify White Tiger students through The Korean Hapkido Federation since it is the largest and most recognized Hapkido association. The hand represents "Key" energy, the position is used in many wrist lock techniques.



KOREAN TIGERS PROFESSIONAL DEMO TEAM BLACK BELT CLUB

Patch for members only. This logo signifies that the student has made a commitment to their training and is working toward their goal of Black Belt. This membership entitles the student to lower monthly rates, special perks, merchandise discounts and options for demonstration teams. If you are interested in upgrading your membership to the Black Belt Club, contact the office.



MASTER RONDY'S LADY TIGERS

Patch for Lady Tigers only. Lady Tigers is a hybrid martial art founded by Master Rondy. Designed specifically for women, this art is a mixture of forms, self defense sets with partners, kicks, blocks, breaks, pressure points and the use of non-traditional weapons. This is the only patch used for this style. Headquarters is located at White Tiger.

NATIONAL FLAGS



KOREAN FLAG

The Korean flag symbolizes much of the thought, philosophy, and mysticism of the Orient. The symbol, and sometimes the flag itself is called the *Tae-geuk*.

Depicted on the flag is a circle, divided equally, and blocked in perfect balance. The upper section (red) represents the *Yohng*, and the lower (blue) represents the *Um*. Whole, it is an ancient symbol

AMERICAN FLAG

The current American Flag consists of thirteen horizontal stripes - seven red alternating with six white - with a blue canton equal in width to seven stripes; the canton is charged with fifty white five-pointed stars arranged in nine rows (six stars alternating with five).

These criteria have been in force since 1818 but the first flag of the United States, the famous Stars and Stripes, dates from 1777, and the

of the universe. The two opposites express the dualism of the cosmos: fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, heat and cold, plus and minus, and so on.

The central thought in *Tae-geuk* indicates that while there is a constant movement within the sphere of infinity there are also balances and harmony. As a simple example, kindness and cruelty may be taken in consideration. If parents are kind to a child, it is good, but they may spoil and weaken him, and thus lead him to become a vicious man and a source of disgrace to his ancestors.

current pattern is the twenty seventh version.

According to legend, it was George Washington himself who interpreted the individual elements of the flag in this way. The white represents the purity of ideals for which the country stands, the red, the blood shed to found it, and the blue is for the sky and the heights to which America aspires.

The stripes represent the original thirteen colonies which united to form a new

The four *Gye* patterns of bars in the corners of the flag represent the four elements and the four directions as well as the ideas of opposition and balance. *Kun Gye*, the three unbroken lines in the upper left represents air, heaven and south - full light day; *Koh Gye* the opposite three broken lines in the lower right represent the earth and north - total darkness. At the lower left hand of the flag is *Ee Gye*, two lines with a broken line between. This symbolizes fire and east - the rising sun. The opposite is *Kam Gye* the symbol for water and west - twilight, day.

The Korean National Flag expresses the mysteries of the universe, of being, of all that was, is and shall ever be.

government, a new nation. The fifty white stars on the blue field symbolize the fifty independent states united by a common goal, to form and maintain a nation of freedom, justice and opportunity for all people.



POLICIES & PROCEDURES

White Tiger policies and procedures may be updated or revised as needed

RENEWALS

When logged into your account, you can see when your membership is due for renewal. Please contact the office to renew your membership before it expires, to recoup your discounts and avoid registration fees. Most renewals can be handled by e-mail, simply contact the office with your intentions.

UPGRADES

You may upgrade your membership at any time to include more days of training per week, more members or more disciplines. You may also upgrade from a shorter to a longer membership and actually lower your monthly payments

Parents may add a weight room or childcare membership on to their child's Black Belt Club membership for \$10/month.

FAMILY DISCOUNTS

The first member is full price, the 2nd saves 25%, 3rd member and beyond saves 50% off.

BLACK BELT DISCOUNTS

White Tiger offers discounts for being a Certified Black Belt. Once you become certified, see the office to redo your membership and take advantage of your discount.

LEADERSHIP DISCOUNTS

Active members of the Leadership Team will receive a discounted membership to compensate for their help with the school. Discounts also apply for

Demo Team members, Management Team, Redman Team, Counselor Team, etc.

REFERRALS

The highest compliment you can give our staff is to recommend us to a friend. White Tiger has special "Chin-goo" uniforms that we present to students as a thank you for referrals that resulted in a new student. Referrals must be noted in the initial waiver sign in - not after.

CHANGES IN ACCOUNT

Keep us posted with changes in your billing information.

White Tiger Taekwondo
1605 NW Maynard Road
Cary, NC 27513
Phone: 919-469-3553
MasterRondy@aol.com

REGISTRATION

The deadlines stated for events are firm. Do not wait until the last minute to register.

TELEPHONE

There is a courtesy phone located in the cafe. Dial 9 to get an outside line.

CAFE

Parents are invited and encouraged to watch their child's classes as often as possible. Guests and younger siblings are welcome as well. Please monitor the behavior of younger children to help maintain a better learning environment for the students.

CHILD PICK UP

If you do choose to drop off your child, please do so as close as possible to the front curb of the school. It is also recommended that you wait until your child has entered

the school before leaving. Children must wait inside the school to be picked up.

LOST & FOUND

Found items will be placed in a box in the Tiger *Doe-jahng* and labeled "lost & found". Items will be kept in the box for 3 months. Unclaimed items will then be donated to Goodwill. White Tiger is not responsible for items that are left in the school. We strongly urge you to take the time to write your name on the tags in your uniform and on all pieces of sparring gear. Lockers have provided in the locker rooms so you may secure your items. Bring a lock from home or purchase a lock from the pawshop. Do not leave valuables in your car. Please do not leave locks on overnight.

PAYMENT OPTIONS

The school can accept cash, Visa, MasterCard, Discover for merchandise and events. We use a secure automatic draft or credit card for tuition.

RULES & SIGNS

Follow the posted rules throughout the facility.

VACATIONS, ABSENCES & MEDICAL SITUATIONS

Please notify the office if you will be going on vacation, or if you have an illness or injury that will make you unable to attend classes for a week or more. If you do miss class, make up the time as soon as possible. Make up classes are allowed during your membership time. Memberships cannot be extended.